



How do I get the worms out of the soil I want to use?



To separate the worms from the compost take a bright light and shine it onto the top of the soil. The worms will crawl deeper into the box, and you will be able to remove the top layer.

What do I do with the compost?



This vermicompost is great for use on plants in the home or outside in your garden. When using compost you must mix it thoroughly into the top soil. In the garden you can put a few inches of the compost on top of the topsoil, and when it rains the nutrients will sink into the soil. Worm compost works best when mixed with garden or potting soil mixes.



Need Help?

Have Questions?

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Wiggle Waste Away

A guide to Vermicomposting



What is vermicomposting?

- Vermicomposting is the process of using worms and microorganisms to convert organic waste into humus, or compost. Composting old food scraps indoors with worms is cheap and efficient. Potentially vermicomposting can reduce your household garbage by as much as 25%. The compost created by the worms is great for gardens and other plants around the home.
- 17% of trash is food waste
- 1lb of worms will turn 65lbs of garbage into garden compost in 100 days.
- 1lb of worms will compost 4-5lbs of waste a week.



What do I need to start Vermicomposting?

THE WORMS

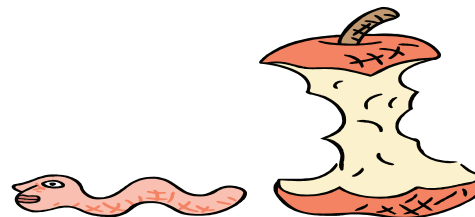
- Red worms, also known as red wigglers, are great for composting kitchen scraps. They thrive in the confinement of compost bins. They digest organic material quickly and reproduce quickly. You can purchase these worms from bait shops or pet stores.

THE CONTAINER

- You can use plastic tubs, or wood to make a box.
- Minimal light should enter the box. The worms are light-sensitive.
- Numerous small holes should be drilled into the top to let in air.
- The temperature for the box should be between 50-84°, so it can be stored in a basement

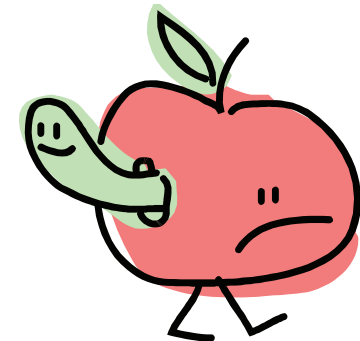
THE BEDDING

- A few inches of shredded newspaper and shredded paper or cardboard should be put in the bottom of the box.
- The bedding should be damp.
- Leaves can be added, as well as; peat moss, egg shells are also a good additive.



FOOD SCRAPS THAT CAN BE USED...

- Vegetable waste
- Spoiled food
- Coffee grounds & filters
- Tea bags
- Eggshells
- Small amounts of meat
- Small amounts of sawdust
- Shredded paper, newspaper, cardboard, and leaves.



FOOD SCRAPS THAT CAN NOT BE USED

- Fatty foods
- Large amounts of meat
- Salty foods
- Acidic foods
- Bones
- Fish
- Dairy
- Non-biodegradable substances